

How do you start a “healthy eating” program?

- *Know why people are interested in a healthy eating program. Are participants looking for general nutrition information, or more specific programs such as heart health?
- *Be sure to consider what types of programs have been offered in the past. Which programs worked? Which did not?
- *Know exactly who your target audience is.
- *Plan when will the program be offered (seasonal, or all year).
- *State who people can go to if they have individual questions or want more help.

More specific things you can do with a workplace healthy eating program are:

- *Offer material for employees to take home to help them make healthier choices when planning meals.
- *Provide information about how to make healthier food choices when shopping, ordering in restaurants, etc.
- *Teach people how to read and understand food labels.
- *Provide cooking demonstrations, or cooking tips, for making healthy foods.
- *Post a list of local restaurant that offer balanced food menus.
- *Invite a speaker to a “lunch-n-learn” session.
- *Have “theme” weeks or months.
- *Stock vending machines with healthier options.
- *Arrange for the cafeteria to offer a range of healthy food choices for every meal.

*Have a refrigerator and microwave at work so people can bring healthy lunches from home.

*When lunches or drinks are provided at meetings, be sure to provide healthy choices.

*Arrange for a group to go to a weight management program together, or have the program come to your office at a convenient time.

*Give people a way to share healthy recipes with each other, by using Intranet, email, or posters.

*Provide information about how to use low-fat ingredients in favorite recipes.

*Organize a potluck lunch at work featuring healthy food choices. Try a multicultural day.

*Offer a new tip or goal for each week, such as:

I will eat 6 fruits or vegetable each day

I will eat breakfast every morning

I will have an extra piece of fruit every day

Balanced Bodies/Balanced Lives

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